**Dementia**

**Friendly**

**Craven**



**Dementia Friendly Activities, Support**

**Sessions and Events in Craven**

 **Updated 23 January 2019**

**Dementia Friendly Craven**

With an estimated 10,000 people living with dementia in North Yorkshire we think that it’s important that we work together to make our communities dementia friendly.

A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported.

In a dementia-friendly community people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose.

Dementia-friendly communities are vital in helping people live well with dementia and remain a part of their community.

Many organisations have employees or customers affected by Dementia and many others provide services used by people with dementia.

We can all make a difference and take steps to improve the support society offers to people living with dementia and their carers.

There are already five communities in Craven working to become Dementia Friendly, these are Skipton, Settle, Bentham, Grassington and Carleton.

If you would like to get in touch with any of these groups, want further information about setting up a new Dementia Friendly Community or would like to come to a free Dementia Friends Information Session email Kate Senior at ksenior@cravendc.gov.uk

More information about Dementia Friendly Craven can be found at

[www.cravendc.gov.uk/community-living/dementia-friendly-craven/](http://www.cravendc.gov.uk/community-living/dementia-friendly-craven/)

**This booklet was last updated on 24 January 2019.**

**Please check session details with the listed session organiser before attending to make sure that they are still as stated.**

**Local Support Sessions and**

**Dementia Friendly Activities in Craven**

**Skipton Dementia Advice Clinic**

Dementia Advice Clinics are run by an Alzheimer’s Society Dementia Support Worker and offer information and practical guidance to help you understand the condition, cope with day to day challenges and prepare for the future. They can help you remain independent and stay active, link up with local organisations and access further support networks.

Sessions are open to people living with dementia, carers, family members or anyone worried about their memory.

You do not need to be a registered patient at the Practice.

If you would like to book an appointment at a Dementia Advice Clinic, please contact the GP Practice directly.

Sessions are held on the third Tuesday every month 10.00am to 1.00pm at Dyneley House Surgery, Newmarket Street, Skipton, BD23 2HZ. To book an appointment contact Dyneley House Surgery on 01756 799311.

**Dementia Peer Support Group**

A new peer support group in Skipton has been set up to support people living with dementia and their carers to have their own voice, share their unique experiences with others, and to work together to create positive change in their community. It is also a great space for you to meet and support people in a similar situation to yourself.

We welcome anyone living with a diagnosis of Dementia to come along, either on your own or with a friend or relative if you feel you would like some support. This is your group, and we would love to see you there.

The group is part of the Dementia Engagement & Empower Project (DEEP) network which brings together groups of people living with dementia from across the UK.

The group meet on the second Tuesday of the month at 10.30 am to 12 noon, at Dyneley Barn Skipton BD23 2HZ. To get involved and find out the dates and times for future meetings contact Vicky at Making Space on 01535 606086/07773 222 813

**Skipton Making Art Memory Loss Group**

These popular creative sessions are safe, fun and full of care. They are artist led with trained volunteers in support. Carers are welcome to take part. Being involved in the sessions builds confidence and friendships form.

There is a charge for these sessions and they are every Mondays 10.15am to12.15pm at Carers’ Resource Skipton, Ronaldsway House, 36 Brook Street, Skipton BD23 1PP

Booking is essential, for further details contact Jack at Pioneer Projects on 015242 62672 or office@pioneerprojects.org.uk

**Craven Carers’ Group**

A supportive Carers’ Group for carers. The group is to link in with the Pioneer Projects art group that will be running at the same time, so it’s a chance for the carers of those people to stay and meet other carers who are part of the Making Art With Dementia group.

The sessions are free to attend, every Mondays at 10.15 am to12.15pm at Carers’ Resource Skipton, Ronaldsway House, 36 Brook Street, Skipton BD23 1PP

**Skipton Sporting Memories**

These sessions are aimed at older adults and people living with dementia and their carers. Come and have a cuppa and a chat about the highs and lows of playing and watching sport.

Everything is informal and fun. Sessions are every third Thursday of the Month, 2:00pm to 3:30pm Dyneley House Surgery Newmarket Street, Skipton BD23 2HZ.

For more information, contact Dyneley House Surgery on 01756 799311

**Skipton Just Sing**

Discover the joy of singing in harmony. Meet alternate Tuesdays 2.00pm to 3.30pm at Skipton Baptist Church (£2 per session).

To find out more please call Sue on 01756 796967

**Skipton Carer Hub**

The Carer Hub gives carers a chance to meet other carers, access information and support, participate in free activities and take some time out for yourself.

Open every Wednesday afternoon 12.30pm to 3pm

Dyneley House Barn, Newmarket Street, Skipton, BD23 2HZ

For more information please call the Carers Hub on 01274 251112 or email carerhub@bdct.nhs.uk

or visit www.bdct.nhs.uk/support-for-carers

**Skipton Memory Lane Café**

Social support for people with memory loss and those with early onset dementia and their carers across Craven.

Activities on offer including Bingo, Dominoes, Singing, Guest speakers, Seated exercise, tea/coffee and a chat.

The group meets on the second and last Thursday of the Month 2:00 to3:30pm at the Dyneley Barn, Dyneley House Surgery.

For more information, please contact Audrey on 07775780739

For transport please call SCAD on 01756 701005.

**Skipton Mental Health and Wellbeing**

Helping people in Craven stay well – every Friday at Dyneley House Barn, Newmarket Street Skipton.

10.30am to 12.30pm Creative Community Session with Pioneer Projects.

1.00pm to 2.30pm Wellbeing courses with My Wellbeing College, further detail can be found at [www.mywellbeingcollege.nhs.uk](http://www.mywellbeingcollege.nhs.uk)

To find out more please get in touch or pop in to a session

Telephone 015242 62672 Email office@pioneerprojects.org.uk

**Carleton Sporting Memories**

New Carleton Sporting reminiscence sessions aimed at older adults and their carers. Have a cuppa and a chat, everything is informal and fun. Tuesday 11:00 to 12:00.

For more information contact Carlton Community HUB

01756 794282 [www.swaninncarleton.co.uk/coffee-shop](http://www.swaninncarleton.co.uk/coffee-shop)

**Draughton Don’t Dine Alone**

Dales Care Home in Draughton invites local older people to join them for a delicious three course lunch at their regular Don’t Dine Alone Lunches. Booking is essential as places are limited contact them on

01756 710291

Dales Care Home also have a busy activities programme including Music for Health, Film Afternoons, Gentle Excersise, Manicures and regular visits from a local Hairdesser.

Many activities are open to local older people, if you would like to attend any events at Dales Care Home contact them on

01756 710291 or visit [www.barchester.com](http://www.barchester.com) for more information.

**Grassington Sunday Lunch**

Local older people are invited to join residents at Gills Top care home in Grassington for Fish and Chips and Sunday Lunch every week from 12pm.

Join the residents and staff at Gills Top and enjoy home-cooked food and good company.

Places are limited so please call on 01756 752 699 by 10am on the day to confirm if you or an older person you know would like to join us.

**Settle Making Art Memory Loss Group**

Art-making group for people living with dementia and their caregivers, run by experienced art therapists and support workers from Pioneer Projects, the sessions offer stimulating activities which are sociable, fun, safe, and full of care.

Sessions are on a Wednesday morning at Settle Quaker Meeting House, 10:15am to 12:15pm. There is a charge for these sessions.

To book contact Jack at Pioneer Projects on 015242 62672

**Settle Creative Respite Day**

Stimulating social and creative activities for people living with dementia or memory loss. Professional personal care provided.

A warm and friendly atmosphere. Sessions are held on Thursdays in Settle between 10:00am and 3:00pm.

There is a charge for the sessions.

To book contact Jack at Pioneer Projects on 015242 62672

**Bentham Carers Group**

Support group for carers of people living with dementia or memory loss. The group meets the first Monday of the month 10:15am to 12:15pm at Pioneer Projects Looking Well Studios, King Street, High Bentham.

Please ring 015242 62672 to book if you are bringing the person you care for.

**Bentham Making Art Memory Loss Group**

Art-making group for people living with dementia and their caregivers, run by experienced art therapists and support workers from Pioneer Projects, the sessions offer stimulating activities which are sociable, fun, safe, and full of care.

Sessions are on a Monday morning at Pioneer Projects, Looking Well Studios, King Street, High Bentham. 10.15am to 12.15pm.

There is a charge for these sessions.

To book contact Jack at Pioneer Projects on 015242 62672

**Support Organisations**

**Carers’ Resource**

Gives tailored support and information to unpaid carers

and vulnerable people, providing information, advice, representation, advocacy and other services appropriate

to their needs. For further details call 01756 700888

**Alzheimer's Society Side by Side service**

Supports people with dementia to remain active, be independent and stay involved in their community.

A volunteer will provide support, so people with dementia can keep doing the things they enjoy or try out new activities. For more information contact Side by Side Project on 01274 586008 or sidebysideacw@alzheimers.org.uk

**Making Space**

The North Yorkshire Dementia Support Service provides support, information and guidance for those living with memory loss, confusion or dementia, and for their carers.

The service encourages wellbeing, keeps you informed

and offers you the support that allows you to stay independent while adapting to the different stages of memory loss and dementia.

They can offer advice and guidance to assist you to live well with dementia, give you emotional support, signpost you to other services and organisations that can help you and provide information and education about dementia, treatments and local services.

For more information ring 01535 606086 or 01535 609192 Craven

northyorkshire.dementiasupport@makingspace.co.uk